



McDowell Senior Center in Partnership with Vaya Health's Geriatric and Adult Mental Health Specialty Team is offering FREE training opportunities with contact hours provided through the N.C. Division of Health Service Regulation (DHSR)

All trainings will be held at the McDowell County Senior Center from 1:30p.m. – 3:30p.m.

### **May 10: Anti-Anxiety Medications**

To register, please send email identifying date(s) of desired class(es) to [Terry.Spencer@vayahealth.com](mailto:Terry.Spencer@vayahealth.com).

Be sure to include full name and agency affiliation. (Responses will only occur if class size limit is exceeded.)